

## Training Policies (*Dojo Etiquette*)

Please be prepared to begin training on time. Being late demonstrates disrespect to the art, instructor, and your fellow students. Don't worry, we understand it can happen 😊

Bow upon entering and leaving the *dojo* and *tatami* to demonstrate respect, discipline, dedication, manners, appreciation, etc.

If you arrive late, bow on to the *tatami* and sit off to the side in *seiza* until the instructor invites you on. Then, find a spot off to the side and proceed with warm ups, stretches, and the "late" pushups. When ready bow and join in class.

If you must leave early, please inform the instructor *before* the start of class, then wait for a pause in the training to bow out.

At the beginning of class and before training with a partner, bow and say *onegaishimasu*. At the end of class and after ending training with a partner, bow and say *domo arigato gozaimashita*.

There is no eating in the *dojo*; you may only eat in the front waiting room. Only water is permitted in the *dojo*. No chewing gum.

Please address the instructors as *sensei* or *sempai* in class. Bow to all *yudansha* (black belts) when you enter the *dojo*.

Students must wear a traditional white uniform (*gi*) to all practice sessions when you get one. If you forget your *gi* or belt, you will line up at the end. Females may wear a white undershirt underneath.

Keep your finger nails and toe nails short, to prevent injury to other students when practicing together. Jewelry (rings, earrings, necklaces, etc.) should not be worn while training as they can cause injuries to you or your training partner.

Please remove footwear before stepping on the *tatami* and wear footwear immediately after stepping off the *tatami*.

Please make sure *dojo* equipment is put back properly and the *dojo* is tidy before leaving.

Demonstrate your utmost courtesy in regards to anything that may have matters tied to *karatedo* or to the *dojo*, during training or not, both on and off premises.

*Domo arigato gozaimashita.*

*Goju Ryu Karatedo Seiwakai USA*

*Member of the All Japan Karatedo Federation Goju Kai*

*Member of the United States of American Karatedo Federation*